

Snowflakes, Snow Globes & Snowmen for Stress Management:

While it might be easy to get caught up in the drudgery of winter, the season also provides an opportunity to get yourself in balance physically, mentally, and emotionally so that you are ready to emerge as your best self in spring. In this workshop we will use some of the iconic symbols of winter to help guide us in the process of managing stress and embracing the season. Many of these strategies can be shared in the classroom as well.